

Serial No. 10/813,333

PATENT  
Docket No. 75378.010800**AMENDMENTS TO THE SPECIFICATION**

Please amend paragraph [0065] to read as follows:

[0065] Shown in FIG. 12 is a moving stick exercise device on a pivot 20 generally designated 80 in which the resistance on the stick member 18 ~~are~~ is provided by piston cylinders 82 with rods 83 movably attached with a base mount 84 to the base 12 and to the end of the lower region 19 of the stick member 18 with ~~[[a]]~~ stick mounts 86, located below the pivot 20. The body 14 continues to act as a guide for the stick member 18 to move. The use of a piston cylinder to create resistance in exercise devices is well known therefore a detailed description of the construction is not provided. Shown are two single action ~~pistons~~ piston cylinders 82 which require force to push the rods 83 into the piston case 87. The ~~pistons~~ piston cylinders shown hereon are hydraulic type sealed ~~pistons~~ piston cylinders. The use of such ~~pistons~~ piston cylinders is not a limitation and adjustable ~~pistons~~ piston cylinders, pneumatic and/or hydraulic are within the scope of this disclosure. Further, the number of ~~pistons~~ piston cylinders shown is not a limitation, a larger or fewer number of pistons may be used depending on the characteristics of the piston cylinder and intended usage.